

Chapter 2

Lesson 10 Make a Decision

Theme: Decision Making

Lesson Objective:

Students will review, re-evaluate, reflect, record and report on each of the previous lessons. Students will report findings in written and oral form. (See matrix for Arizona Academic/Adult Standards).

Steps to Follow:

“Here is Edward Bear, coming downstairs now, bump, bump, bump, on the back of his head, behind Christopher Robin. It is, as far as he knows, the only way of coming downstairs, but sometimes he feels that there really is another way, if only he could stop bumping for a moment and think of it.” --A.A. Milne

1. Review Step 1 Self-talk – rehearse litany, Step 2 Gather Information – review ways to gather, Step 3 Decide with Pride – review how to determine if you have decided with pride.
2. Discuss quotation.
3. **Review:** students check to make certain that they’ve completed all worksheets for each lesson. If they’ve earned, on average, a “competent” score it’s assumed they understand the basic concepts of the lessons.
4. **Reevaluate:** as students review their work, they should check to see if they want to add or change any answers, especially **Lesson 2 Values Worksheet**, Lesson 3 *Goals in My Lifetime*, Lesson 4 *EYE ON THE PRIZE TIMELINE*, Lesson 7 *Career Plan*.
5. **Record:** students record ideas on the Chapter 2 *Reflection Sheet Where Am I Going? Career Preparation S1* sheet.

6. **Reflection:** Complete *Start Making Plans S2*. Look at *Start Making Plans: Evaluation S6*. Complete *Barriers: What Can Keep Me From Reaching My Goal? S5*.

General reflection questions could include:

- What lesson, information and idea were most surprising?
- Most useful?
- What other information do you wish were included?
- What information, idea or perspective hadn't you considered before?
- How the topics in this chapter help answer "Where Am I Going?"

Additional questions see Teacher **Resources** section.

7. **Report:** Students report their findings orally and in writing. Student completes Chapter 2 *Reflection Sheet Where Am I Going? Career Preparation S1*. See **Lesson 10 Background** and **Teacher Resources** section for additional suggestions. Place sheet in MRG.
8. Complete *My Life Plan S3* and *Career Plan* (from Lesson 7).

Materials:

Chapter 2 *Reflection Sheet Where Am I Going? Career Preparation S1*

Written work from previous nine lessons

Start Making Plans S2

Start Making Plans: Evaluation S6

My Life Plan S3

Planning Calendar S4

Barriers: What Can Keep Me From Reaching My Goal? S5

Self Contracts S7

Evaluation:

Rubric / Completion of *Chapter 2 Reflection* sheet, placement in MRG

Enrichment:

After Release EN1

Especially For You – The Ex-offender EN2

Been There Done That: The Real You EN3

Reflection Sheet

S1

Where Am I Going? Career Preparation

Chapter 2 Lessons 1-10 *Merging Two Worlds*

Make a Decision (Lesson 1)	Values – What Do You Find Value-able? (Lesson 2)
The Power of Goals (Lesson 3)	The Power of Goals, Priorities, Lifestyle (Lesson 4)
Choices and Consequences (Lesson 5)	Gathering Information/Observe (Lesson 6)
Gathering Information/Ask Questions (Lesson 7)	Gathering Information/Listen (Lesson 8)
Other Points of View (Lesson 9)	Make a Decision (Lesson 10)

MRG

S2

Date: _____

What career field(s) interest you at this time? _____

What can you be doing now to move toward the career fields/areas noted above?

How will math skills be important in the career field(s) you have chosen? _____

Note: Pick one you can reasonably accomplish in two weeks and follow this blueprint for achieving your goal.

I'm going to (what) _____
by (when) _____

State why this is a worthwhile goal: _____

It is realistic for me to try to meet this goal because _____

10 9 8 7 6 5 4 3 2 1
Hard Hardly at all

If possible, take the goal apart by breaking it down into several smaller parts. Give yourself a deadline for each step.

Step #1 _____ Deadline: _____
 Step #2 _____ Deadline: _____
 Step #3 _____ Deadline: _____

Student: _____
Date: _____

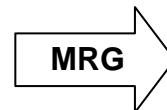
Age: _____

My present academic level in reading _____, math _____, and
language _____ (test scores from TABE, WOJO, New Century, or other), and
my career aspirations are _____
(based on recent assessment or work experience), what education and/or training do I
need to achieve my career goal?

Continuum of Education

- ☐ 8th grade diploma/literacy - (anticipated or completion date: _____)
- ☐ High School Diploma - (current number of credits: _____, number required: _____,
anticipated or completion date: _____)
- ☐ GED - (anticipated or completion date: _____)
- ☐ Vocational/Trade School - (area/subject: _____; cost \$ _____;
anticipated or completion date: _____)
- ☐ Community College (2 year) - (area/subject: _____; cost \$ _____;
anticipated or completion date: _____)
- ☐ University (4 year) - (area/subject: _____; cost \$ _____; anticipated
or completion date: _____)

What barriers or challenges exist? How will I overcome them?



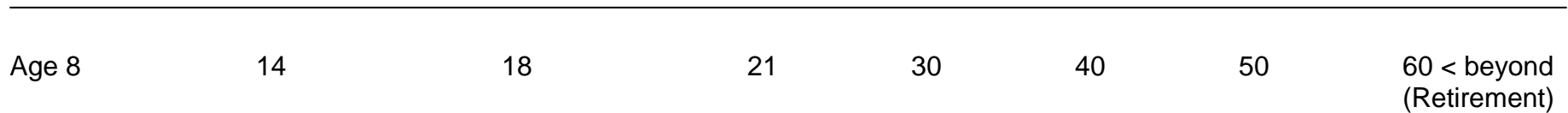
MY LIFE PLAN (Part 2)

S3

My 5 Year Career Plan Time Line



My Life Plan (Future Vision)

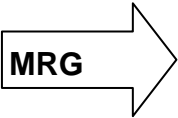


Planning ideas:

Financial:
Community:
Leisure:
Relationships:
Career/Learning:
Family:
Spiritual:
Health/Wellness:
Other:

Thoughts and reflections:





Barriers: What can keep me from reaching this goal?

S5

Check those that apply.

- ☐ I don't really have the skills, ability, and/or knowledge required.
- ☐ I don't want it badly enough to really work for it.
- ☐ I'm afraid I might fail.
- ☐ I'm afraid of what others might think.
- ☐ Others don't want me to reach this goal.
- ☐ This goal is so difficult, no one could ever reach it.
- ☐ Some other reasons might be: _____

Overcoming Obstacles: What are some things I could do to overcome the roadblocks and reach my goal? _____

Help: Who can I trust to assist me in reaching this goal?

Name: _____

Name: _____

Outcomes:

What are some of the good things that might happen if I reach this goal?

Are there any bad things that might happen if I reach this goal? _____

Can I minimize the bad things? _____

Imagine that your goal is accomplished. Describe what you are thinking and feeling or saying in your imagination:

The best thing about accomplishing this goal is: _____

Start Making Plans: Evaluation (Page 2)

S6

Name: _____

Date: _____

Directions: Soon after your target date, take a few minutes to see how your blueprint is working by completing the following questions.

My goal is to: _____

By _____

I have taken the following steps to accomplish my goal:

This is what I still need to do to accomplish my goal:

This is what helped me:

I learned this about myself:

I also learned:

If I were to do it again, I would do these things differently:

I, _____, have decided to achieve the goal of _____
_____. The first
step I will take to reach this goal is to _____
by _____.

Date: _____ Signed _____
Witnessed by _____

I, _____, have decided to achieve the goal of _____
_____. The first
step I will take to reach this goal is to _____
by _____.

Date: _____ Signed _____
Witnessed by _____

I, _____, have decided to achieve the goal of _____
_____. The first
step I will take to reach this goal is to _____
by _____.

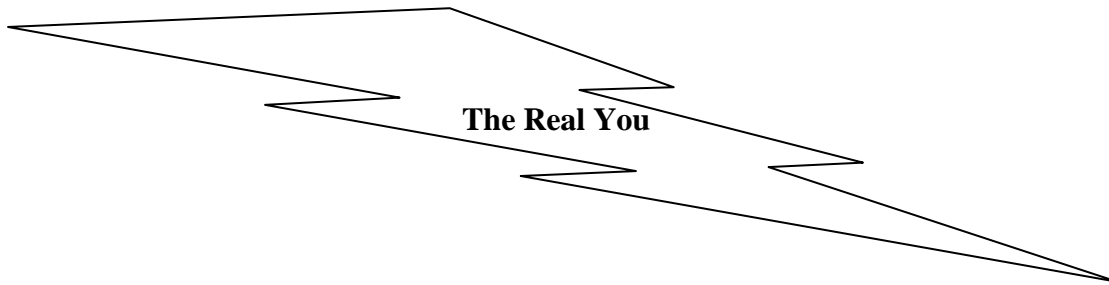
Date: _____ Signed _____
Witnessed by _____



1. Expect to be unsteady, confused, anxious and possibly depressed at first.
2. Always share your feelings and thoughts: Communicate!
3. You have always heard ~ Patience is a virtue—practice this and be kind to yourself.
4. Build new relationships, but base them on friendship and respect. You have changed while you were away and so has your family.
5. Remember the time you took to set new goals? Now it is the time you begin working toward those goals. Keep it simple for the first couple of months. Never give up!!!
6. Measure your growth daily. Take time to be proud of your successes and your family's successes, no matter how large or small.
7. If you run into problems you can't solve, get help. Do not be afraid to reach out.
8. Always be open and listen to: advice and supervision; if you remain open; you'll grow; if you close up; you'll go back.
9. Do not try to play catch up on all the times you have lost. It cannot be done.
10. No matter how hard it gets, you are still free and not behind razor wire.

After Release

- 1. Leave hate, anger and self-pity behind you in prison. You have done your time and now you need to be full of energy and joy at life.**
- 2. Do not allow fear to rule your life. Get out there and become a part of the world.**
- 3. Always treat others, as you would want to be treated.**
- 4. Change, Change, Change!! You have changed and so has the world; time did not stand still while you were away. Be prepared for it.**
- 5. You will experience rejection and disappointments. Do not expect any favors; the world doesn't work that way and life is never going to be fair.**
- 6. If you are assigned to a halfway house or a pre-release center, you are not free yet. There are still many roadblocks ahead; be careful and use the mind you were given.**
- 7. Always report to your parole agent on time and follow his/her instruction. Parole doesn't have to be hard and you can be successful. Once again, Keep It Simple.**
- 8. Begin looking for employment immediately. The sooner you gain employment, the greater your chance of success. If all you can get when first leaving prison is minimum wage, be thankful. You can always go back to prison and work for free (or 95 cents a day).**



This is advice from a former prisoner incarcerated in State and Federal prison 3 times for a total of 7 years, 3 months. He'd been out 1 year when he wrote this. He's been out for over 5 years now. (2002)



If you want to stay out of prison once you get out, you have to have a strategy. Do advanced planning so your impressive achievement of getting out of prison will be staying out.

Six things you can do *before you leave* prison. If you can't do it here and now, you won't be able to do it there and later.

1. First, practice accomplishing something you didn't think you could or would: get your GED. Why? Because...
 - It'll force you to confront Delayed Gratification
 - GED guys are no smarter than you are, they just stuck with it even when they didn't want to
 - Getting a GED can double your income – that could be a good \$50,000 over the first 4 years. That means a nicer place to live, car to drive, better vacations, Christmases, even what's called an investment portfolio.
 - Get the feeling: nobody gave it to me, and nobody can take it from me.
 - It does help you get a better job because it opens doors for you. No GED, no key to the door.
2. Second, learn conflict resolution skills. Why? Because...
 - To live is to be in conflict, and if I loose it, I'll loose everything.

Remember how stuff happens?

- You arrive home after work and find another car in your designated parking space.
- You wake up in the morning after a bad night's sleep. You're late. You are putting on your shoes and break your shoelace. Your wife says, "Good Morning" and you want to slap her into next Tuesday.
- John is 13, your brother's eldest child. He is a real clown; as a little boy he could get everyone in the family laughing when he wanted to. But lately you've seen what you think are tell-tale signs that he's using and maybe selling drugs.
- You've been at home for 3 weeks. You and your lady have started to argue a lot. It's almost always over little stuff; but the arguments are getting more and more frequent. You're afraid it's turning into the bad old times all over again.
- Your 13-year-old daughter Alice brings up at dinner a problem she's been having with her best friend Pamela. Nearly every day at lunchtime, Pamela asks for part of Alice's lunch. Sometimes Pamela wants half of Alice's sandwich. Other times, she reaches over and takes one of Alice's cookies. Alice knows that some conflicts are not important enough to fight over or even bring up. But conflicts can grow if you just ignore them, and she doesn't want that to happen.

You need conflict resolution skills

3. Third thing to do, practice, Stop and Think. Use the brain God gave you.
4. Fourth, join AA or NA - only a fool convinces himself he's so tough that he doesn't need help. Guys who would laugh at you for joining are like turkeys, not eagles: there's more of them, they have wings but don't know flying; they eat what they're fed not what they hunt. Are you a turkey or an eagle?
5. Work your way into a leadership position. Leaders are people who do what's needed - it's no big deal. There are people out there who need your help. A law you can't break: what I give away, comes back to me, so help people.
6. Get a reference, or at least a phone number from your supervisor. Mail the phone number and/or
Letter to yourself at home – it's precious.

Things you can do *after you leave prison*.

1. First, work your Parole Officer smart.

- Ask. "What can I do to stay out?" Then give him your resume.
- You need him on your side - he can do with a few phone calls what you'd take weeks to even know about.
- You'll be different from all the other parolees -nobody asks that question!
- Thank him a lot. Be sincere and give away the credit. Win the war, not the battle.
- Be sincere. Even a little kid can spot a phony. So can a PO.

2. Know what your PO can do.

- He's crucial to your job/career strategy.
- He has access to housing, food stamps, and travel vouchers, even clothes to wear for job interviews.
- Get him to help you join NA or AA again. Hey, you need all the help you can get!
- Have him get you into volunteering. Community service isn't so bad. Give back to society. It's the right thing to do • there are people out there who need what you have to offer. Two hours at a soup kitchen, what'd you give for someone to help you when you were down? And there are no soup kitchens in heaven, guaranteed.